

# CMT Review

*An informative and educational newsletter for Georgia licensed massage therapists*

*Created and edited by:  
Albert Heefner  
CMT, NMT*

*Please email any feedback or questions to:*

[cmtgeorgia@yahoo.com](mailto:cmtgeorgia@yahoo.com)

## *Newsletter Highlights:*

About CMT Review	1
State Licensure	1
Sources of Con Ed	2
Therapist highlight	3
Insurance	4

## A bit about CMTR...

Keeping therapists current on the changes in their industry can be a complicated issue. Depending on who your insurance provider is, or what massage school you attended, you may or may not be receiving some type of publication that explains what is going on in the industry, and how it affects you. This publication will hopefully play a role in keeping the therapist in touch with information that is pertinent to their career, whether they are a full or part time therapist. If you are receiving this via email, the hyperlinks should prove to be very useful.

### Contributions to this newsletter

The primary goal of this publication is to keep the therapist informed on important issues that affect their livelihood. However, any article that can benefit the therapist or their coworkers will be considered for inclusion. Since massage therapists can be employed in many different settings, it is important for us as therapists to better understand not just other therapists and styles, but our coworkers as well. Business owners, receptionists, front desk personnel, and others all impact our daily lives as therapists. We can all learn from each other in different ways, as we all have the same end goal, to serve the customer. Please submit any articles or ideas to: [cmtgeorgia@yahoo.com](mailto:cmtgeorgia@yahoo.com)

Ensure you use a clear subject line when emailing, so that your email is not lost in the spam bucket. All articles or suggestions will be considered and used when possible.

## State Licensure

The cost structure of being a licensed Georgia therapist can easily be forgotten if one does not stay current with the information posted by the GA Massage Therapy board. It is helpful to check the board's website periodically, due to several factors.

The massage industry is a constantly evolving field, and in the state of Georgia only recently has it become state regulated. Many therapists and business owners/operators may not be fully aware of what is required when hiring

therapists as W2 employees or W9 independent contractors. As many therapists experienced last year during the initial drive to obtain a state license, county offices were informing therapists of one view (i.e. selling county business licenses to W2 employees), while the State board was developing another standard. Staying aware of changes in the industry will definitely save you time and money.

Here is a summary of the present cost structure for GA

licensed therapists:

<b>MASSAGE THERAPIST (initial cost)</b>	<b>\$125.00</b>
<b>RENEWAL APP.</b>	<b>\$75.00</b>
<b>LATE/LAPSED RENEWAL</b>	<b>\$85.00</b>
<b>REINSTATEMENT</b>	<b>\$200.00</b>
<b>INACTIVE STATUS.</b>	<b>N/A</b>
<b>DUP. WALL CERT.</b>	<b>\$25.00</b>
<b>DUP. POCKET ID CARD.</b>	<b>\$25.00</b>
<b>DEC. WALL CERT.</b>	<b>\$25.00</b>
<b>LICENSURE VERIF.</b>	<b>\$25.00</b>

## Sources of Continuing Education



---

*"Truly, the greatest gift  
one can give is that of  
their own self  
transformation."*

Lao Tzu



Continuing education is an aspect of licensure that, while it expands the knowledge base and integrity of the therapist and the profession, is an obligation that incurs both a financial cost and time commitment to the therapist. As of this writing, the Georgia board requires twenty four (24) hours of continuing education for therapists who have had their state license the majority of two years. If you are licensed within approximately one year, you will need twelve (12) hours of continuing education. All continuing education will need to be completed prior to your license renewal.

A key stipulation to Continuing Education is that whatever course you take, it must have a NCBTMB endorsed number tied to it. We are fortunate in that there are several reputable massage schools in the greater Atlanta area. It is likely that many of these schools offer some type of continuing education, and their programs will have a NCBTMB endorsement. However, the therapist should ensure that any CE course they take should have a NCBTMB prior to paying for the course. I called one school in the area that offers a certification program for massage therapy, but after being on hold and passed to several individuals, I found that not only did they not know what continuing education was, but that they did not offer any such program or know who the NCBTMB was. Schools with a solid history of accreditation and programs such as the Atlanta School of Massage or Rising Spirit will likely have the NCBTMB endorsement. But like any purchase, do some brief investigation before signing up, so that you can make sure your time and money are well spent.

If you are proximal to a school or facility offering an approved continuing education course, or if your schedule is not conducive to physically attending, there are other options. The AMTA website, for example, offers continuing education programs for both member and non members. If you are a member of the AMTA, your CE price is \$12 per hour, while the non member price is \$15 per hour. This type of option may be favorable to those who have busy schedules. Local schools such as the Atlanta School of Massage or ASHA offer a variety of workshops that will count towards your continuing education. Check out the various websites listed for a program that best suits your needs and budget. This brief list will get you started in the right direction.

- [http://www.ncbtmb.org/ceproviders\\_find\\_providers.php](http://www.ncbtmb.org/ceproviders_find_providers.php)
- [http://www.ashamassage.com/continuing\\_ed.php](http://www.ashamassage.com/continuing_ed.php)
- <http://www.atlantaschoolofmassage.com/coned.asp>
- [http://www.amtamassage.org/cont\\_edu.html](http://www.amtamassage.org/cont_edu.html)
- <http://www.integrative-healthcare.org/>
- [http://www.floridaschoolofmassage.com/weekend\\_workshops/index.asp](http://www.floridaschoolofmassage.com/weekend_workshops/index.asp)
- [http://www.newschoollmassage.com/section\\_workshops.html](http://www.newschoollmassage.com/section_workshops.html)
- <http://www.massageinstitutemd.com/schoolcl.htm>
- <http://www.massagevideosales.com/>

## Submit your article or suggestion to CMT Review!

CMT Review is oriented towards you, the massage therapist. If you have a suggestion or article idea, please send it to

[cmtgeorgia@yahoo.com](mailto:cmtgeorgia@yahoo.com). This will help tailor the articles and information to topics that are pertinent to you and your profession.

Please make sure you use a specific subject line in your email, to avoid being lost in the spam.

# Georgia Board of Massage Therapy – contact information

For reference purposes, the GA Board contact info is included in this article. Bookmark their website in your browser for convenient referencing. The website has various sections for checking on massage related legislation and state issues. Such areas as board minutes, laws and policies, fee schedules, and FAQ's on licensure issues are available. You can even view your own name and license number, which may also turn up in a Google search of your own name.

## GA Board of Massage Therapy Contact Information:

<http://sos.georgia.gov/plb/>

Application/Payment Address  
P.O. Box 13446  
Macon, GA 31208

All Other Correspondence  
(Physical Address)  
237 Coliseum Drive  
Macon, GA 31217-3858  
(478) 207-2440



## Therapist Highlight: Barb Wulff, CMT

If the Guinness Book of Records had a category for the most massages in a career, Barb would likely hold that record. Since working at Massage Envy in Roswell Georgia (starting in January 2005), Barb has performed over 6,000 massages, building a solid client database and earning countless compliments and praise.

Barb has been a practicing therapist now for over five years. Once entering the Cleveland Institute of Medical Massage, Barb undertook not just a new career path, but road to fulfilling a life long dream of helping people.

"It really all started by wanting to help my husband and son with their migraine headaches," said Barb, when asked why she wanted to be a therapist.

Since graduating from massage school, Barb has maintained a rigorous work schedule, often choosing to work six or more days a week. Her client list is extensive, and the many comment cards received at Massage Envy prove that she is a core part of the operation.

In her part time, Barb studies the art of bird watching and caring for her avian friends at home. Barb can identify just

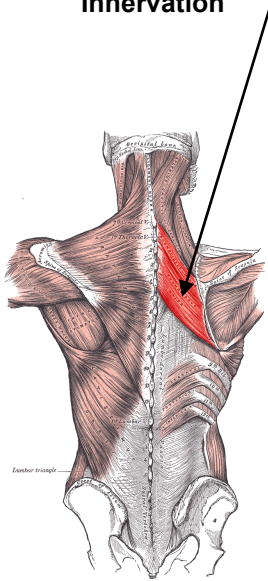
about any bird by description, and has some interesting stories about the wild turkeys that lurk in her neighborhood. When not bird watching, Barb enjoys creating inspirational watercolor paintings, gardening, and cycling for fitness. Barb is also a proud member of the ABMP (Associated Bodywork and Massage Professionals) organization.



### Anatomy Quiz

For the identified muscle, name the following:

Origin  
Insertion  
Action  
Innervation



## Insurance providers: a quick list

Practicing without insurance something like driving a car without insurance. Aside from being against the law, you open up a whole world of negative possibilities that could have a traumatic effect on your financial well being.

Massage insurance is designed to protect the therapist and business owner from such incidents as malpractice, accidents on the business premises (i.e. slips, trips, falls), injuries from false marketing, and product liability (i.e. possible

severe reaction to a cream or lotion). As a W2 employee you are still required to have insurance. Coverage amounts vary by who the provider is, and can go as high as \$3 million dollars. That sounds like a lot of money (it is!), but people in the medical field must protect themselves from frivolous law suits.

Litigation can be extremely expensive and easily break the financial resources of a massage therapist or body worker. Even medical doctors, who deal with operating

budgets in the millions of dollars (payroll, facility overhead, malpractice, etc) can be driven out of business by the right suit. Insurance is one of the essential costs of doing business, so don't get trapped in a situation that could literally put you on the street.

The following is a sample list of massage insurance providers. This is by no means all inclusive, but it will help to get you started in your search for a provider.

<u>Company</u>	<u>Contact info</u>	<u>Web link</u> (copy & paste if not automatically linking)
<b>American Massage Therapy Association</b>	PH: 877-905-2700	<a href="http://www.amtamassage.org/">http://www.amtamassage.org/</a>
<b>Associated Bodywork &amp; Massage Professionals</b>	PH: 800-458-2267	<a href="http://www.abmp.com/home/index.html">http://www.abmp.com/home/index.html</a>
<b>Hands-on Trades Protection Plan</b>	PH: 800-872-1282	<a href="http://www.handsoninsurance.com/">http://www.handsoninsurance.com/</a>
<b>Holistic Benefits &amp; Services</b>	PH: 866-243-1707	<a href="http://www.holisticbenefits.com/ima/index.html">http://www.holisticbenefits.com/ima/index.html</a>
<b>NAMASTA</b>	PH: 877-626-2782	<a href="http://www.namasta.com/signup/massage_therapy_insurance.php">http://www.namasta.com/signup/massage_therapy_insurance.php</a>
<b>The International Massage Association</b>	PH: 540-351-0800	<a href="http://www.imagroup.com/home/index.php?site_config_id=73&amp;page_selection=1227">http://www.imagroup.com/home/index.php?site_config_id=73&amp;page_selection=1227</a>

*"Even medical doctors, who deal with operating budgets in the millions of dollars (payroll, facility overhead, malpractice insurance, etc) can be driven out of business by the right suit."*